



Donor Newsletter

Fall 2014

THANK YOU!

You have helped by investing in the YMCA of Timmins' Strong Kids Campaign. This year's campaign will help us ensure that **every kid has a chance** to participate in programs at the YMCA.

The YMCA of Timmins is committed to the development of our children, youth and vulnerable adults. We have committed dollars from our fundraising efforts to provide free programming to youth in our community. We are doing this through programming and plan to increase these free programs as we increase our fundraising dollars. Together, we are building healthy communities.

Your Gift in Action

Here are some Programs that we are able to offer **free of cost** because of your generous donations:

Youth Fun Night

Youth Fun Night (formerly known as Youth Drop In Night) is a program that allows youth from the ages of 11-15 to come to the Y for two hours of fun through planned activities that work on leadership skills, social and emotional skills, life skills, physical fitness and creative expression. Activities are planned and supervised by our qualified Child and Youth Worker and support staff. Youth participate in the planning by expressing interest in certain topics. We have offered this program at our main location for six years and have recently expanded it to a second night in South Porcupine at Bertha Shaw Public School. Each program can host up to forty youth at a time.



Young Leaders Volunteer Program

The YMCA of Timmins Young Volunteer Program is currently offered over the summer months and is free to participate in. Youth between the ages of 11 -16 attend this program at our main location during their summer break. This program is designed to develop future leaders and teach the importance of civic engagement and giving back to the community. Youth participate in daily seminars with focus on team building, conflict resolution, bullying, empowerment, leadership skills, program/project development, including marketing and implementing events, resume building and volunteerism. Youth engage themselves in programming and activity plans with our summer day camps. They learn time management and the importance of being a good role model to their peers and younger children. This program has been successful and we hope to grow it into a year round program.





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MobYle

MobYle is a fun and free organized physical activity program that is implemented in parks throughout each ward in Timmins. Through fun and challenging games and activities run by our MobYle staff, children get the chance to engage in moderate to vigorous physical activity in a safe and structured way.

During the months of July and August, our MobYle team visit selected parks in Timmins. They can also be found at special events throughout the city including the Wednesday night concert series.

Through the MobYle program we hope to provide an active living solution to the children in our community and raise awareness about the benefits of living a healthy, active lifestyle. By taking part in the YMCA's MobYle program, children can learn to live healthy through active living.



Free Fall Programs

Beginning in November we will be running free programs that promote family time, health and fitness. We will be running 2 family gym times, one for preschoolers and one for children ages 6-9. These family gym times will promote physical activity and togetherness. Children and parents will get the chance to come and play a variety of planned games in our gymnasium.

We will also be offering a new program called "Story and a Craft" children and parents will listen to a story and then take part in a fun craft.



Growing Old with Enthusiasm

Is a group that meets every Thursday consisting of vulnerable adults. They participate in activities that help strengthen mobility and flexibility. It also helps promote social and emotional skills as well as encourage cognitive development. Part of the program places volunteers who have special needs, allowing them to learn new skills through implementation.

It is thanks to our generous sponsors that we are able to run programs like these.



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